

STUDY OF PROCESSING TECHNIQUES, MENU VARIATIONS, AND NUTRITIONAL VALUE OF EGG AND CHICKEN-BASED DISHES FOR CLASS 3 PATIENTS AT PKU MUHAMMADIYAH YOGYAKARTA HOSPITAL

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ABSTRACT

Background: The repeated serving of egg and chicken-based dishes with limited variation in processing techniques may cause patient boredom and reduced appetite, potentially compromising the fulfillment of their nutritional requirements.

Objective: To describe the processing techniques, menu variations, and nutritional value of egg and chicken-based dishes served to Class 3 patients.

Methods: A descriptive observational study with a cross-sectional approach was conducted over one menu cycle (10 regular cycles + 1 additional). The research was conducted from January to February 2026 at the Nutrition Installation of PKU Muhammadiyah Yogyakarta Hospital. Processing techniques and menu variation data were obtained through observation of finished products and document review. Nutritional values were calculated by weighing 3 cooked samples per dish, averaging, adjusting to standard recipes, and calculating using the Indonesian Food Composition Table (TKPI).

Results: The processing technique was dominated by boiling (78%, n=14 out of 18 dishes), while steaming and frying each accounted for 11%. No roasting or sautéing techniques were found. There were 16 different dishes names from 18 servings, indicating daily menu variation with no repeated dishes on the same day. The macronutrient content per serving varied: energy (70.48-340.13 kcal), protein (4.07-11.48 grams), fat (4.66-29.58 grams), and carbohydrates (0.36-18.94 grams).

Conclusion: The processing of egg- and chicken-based dishes at RS PKU Muhammadiyah Yogyakarta includes boiling, steaming, and frying, with boiling as the dominant technique. Throughout the 11-day menu cycle, 16 different dishes variations were recorded from 18 total servings, with no repeated dishes on the same day. Furthermore, the nutritional value of these dishes varied and was influenced by three primary factors: the cooking technique applied, the main ingredient (egg or chicken), and the type and composition of additional ingredients.

Keywords: chicken, eggs, menu variation, nutritional value, processing techniques

KAJIAN TEKNIK PENGOLAHAN, VARIASI MENU, DAN NILAI GIZI HIDANGAN BERBASIS TELUR DAN AYAM PADA PASIEN KELAS 3 DI RS PKU MUHAMMADIYAH YOGYAKARTA

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ABSTRAK

Latar Belakang: Pengulangan hidangan berbasis telur dan ayam tanpa variasi teknik pengolahan yang memadai dapat menimbulkan kebosanan serta penurunan nafsu makan pasien yang berdampak pada tidak terpenuhinya kebutuhan zat gizi.

Tujuan: Mengetahui gambaran teknik pengolahan, variasi menu, dan nilai gizi hidangan telur dan ayam pada pasien kelas 3.

Metode: Penelitian deskriptif observasional dengan pendekatan cross-sectional selama satu siklus menu (10 siklus reguler + 1 tambahan). Penelitian dilakukan pada bulan Januari – Februari 2026 di Instalasi Gizi RS PKU Muhammadiyah Yogyakarta. Data teknik pengolahan dan variasi menu diperoleh dari observasi produk jadi dan telaah dokumen. Nilai gizi dihitung dengan menimbang 3 sampel lauk matang per hidangan, dirata-rata, disesuaikan standar resep, dan dihitung menggunakan TKPI.

Hasil: Teknik pengolahan didominasi oleh teknik merebus (78%, n=14 dari 18 hidangan), sedangkan teknik mengukus dan menggoreng masing-masing 11%. Tidak ditemukan teknik memanggang dan menumis. Terdapat 16 nama hidangan berbeda dari 18 penyajian yang menunjukkan variasi menu dalam setiap harinya. Nilai gizi makro per porsi bervariasi: energi (70,48-340,13 kkal), protein (4,07-11,48 gram), lemak (4,66-29,58 gram), dan karbohidrat (0,36-18,94 gram).

Kesimpulan: Teknik pengolahan hidangan berbasis telur dan ayam di RS PKU Muhammadiyah Yogyakarta meliputi merebus, mengukus, dan menggoreng, dengan teknik merebus sebagai metode yang paling dominan. Selama satu siklus menu (11 hari), tercatat 16 variasi hidangan berbeda dari total 18 kali penyajian, tanpa adanya pengulangan hidangan dalam satu hari. Adapun nilai gizi hidangan tersebut bervariasi dan dipengaruhi oleh tiga faktor utama, yaitu teknik pengolahan, jenis bahan utama (telur atau ayam), serta jenis dan komposisi bahan tambahan.

Kata Kunci: ayam, nilai gizi, teknik pengolahan, telur, variasi menu